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***TUESDAYS & THURSDAYS: 1730-1830***

***SATURDAYS: 0900-1000***

***García Physical Fitness Center***

***Building 1856, Porter Street***

***(Behind Prussman Chapel)***

***Fort Carson, Colorado***



***Instructor: Rhonda Tulensa***

***For more information:***

***Call 526-8616 or García PFC 526-3944***



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**Keep body toned in preparation for delivery.**

**Stop the progression of post-partum blues.**

**Slow excessive weight gain during pregnancy.**

**Lose pregnancy weight gain.**

**Promote good health. Feel better while pregnant.**

**Return to pre-pregnant weight faster.**

**Pregnancy and post-partum questions answered.**



**Sponsored by OB/GYN Care-line at**

**Evans Army Community Hospital**

**Call 526-4662 for registration and information.**